

WAC 110-302-0265 Sleep, rest, and equipment. ONB programs that enroll only preschool-age children or both preschool-age and school-age children must comply with the requirements in this section.

(1) ONB providers must offer a supervised daily rest period to preschool-age children who remain in care for more than six hours per day, or who show a need for rest.

(2) ONB providers must provide quiet activities for children who do not require rest. Quiet activities must be minimally disruptive to sleeping children.

(3) ONB providers must communicate children's sleep needs and patterns with their parents or guardians.

(4) ONB providers must not place children directly on the floor or ground to rest or sleep.

(5) ONB providers must provide developmentally appropriate mats, cots, or other sleep equipment made of water resistant material that can be cleaned and sanitized.

(6) Mats, cots, and other sleep equipment used in ONB programs must be:

(a) In good condition, have no tears or holes, and have no repairs with tape;

(b) Cleaned, sanitized, and air dried at least once per week or more often as needed if used by only one child, or after each use if used by more than one child; and

(c) Stored so sleeping surfaces are not touching each other unless cleaned and sanitized after each use.

(7) Floor mats designed for sleeping and mattresses must be at least one inch thick. Inflatable sleeping pads must be suitable for the outdoor temperature according to the manufacturer's label. Inflatable sleeping pads less than one inch thick must be approved by the department.

(8) When in use, sleep equipment must be spaced apart from other sleep equipment to reduce germ exposure and allow ONB providers' access to each child during sleep time as follows:

(a) There must be at least 18 inches on each side between mats, cots, or other sleep equipment; and

(b) Mats, cots, and other sleep equipment must be arranged so children are head to toe, or toe to toe.

(9) Each child's bedding must:

(a) Have a clean sheet or blanket to cover the sleeping surface and a clean blanket for the child that is suitable given the child's size and room or outdoor temperature. Children may use sleeping bags suitable for the outdoor temperature;

(b) Be laundered at least weekly or more often, such as between uses by different children or if soiled; and

(c) Be stored separately from bedding used by another child, unless it is cleaned and sanitized after each use.

(10) ONB providers must not allow children less than six years of age to use loft style beds or the upper bunk of bunk beds.

(11) Napping or resting children must be protected from the sun, rain, and extreme weather, such as by the use of tarps or tents.

[Statutory Authority: RCW 43.216.742. WSR 23-10-059, § 110-302-0265, filed 5/1/23, effective 6/1/23.]